# Bedford Pecreation WINTER 2023



Adult Programs & Classes

# General Department Information

#### **Recreation Staff**



Josh Smith Director



Nikki Taylor Youth Program Coordinator



Raeann Gembis Adult Program Coordinator



Dan Brosgol
Kids' Club Director



Deb Squillini Administrative Assistant

#### **Recreation Commission**

Robin Steele, Chair Julie Halloran Michael O'Donnell Ron Richter Heidi Trockman

# Registration Opens Monday, December 5 at 8:00 PM (Unless Otherwise Noted)

#### **Contact Us**

#### **Bedford Recreation Department**

12 Mudge Way, Bedford, MA 01730

#### Office Hours:

(effective 12/5/22) Monday, 8:00 am-7:00 pm Tuesday-Thursday, 8:00 am-4:00 pm Friday, 8:00 am-1:00 pm

#### **Phone**

781-275-1392

#### Fax

781-687-6156

#### Website

www.bedfordrecreation.org

E-News: For periodic Recreation updates, sign up for E-News when registering!







Facebook/Instagram
@BedfordMaRecreation
Twitter: @BedfordRecMA

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#### **Registration Information**

Register online at www.bedfordrecreation.org or in person, by mail or by fax. Registration form is in this brochure for non-online registration. Tuition must be paid at the time of registration. We do not prorate. We accept VISA, MasterCard, AmEx and Discover. Checks should be made payable to the Town of Bedford. There is a \$25 penalty fee for returned checks. Those requiring special assistance, please contact the Recreation Director. Transportation, when provided, will be by Bedford Charter unless otherwise noted.

#### **Financial Aid**

For consideration, please submit the Financial Assistance Form and Registration form. Forms can be found on our website.

#### **Refund/Cancellation Policy**

Notice must be given 5 business days prior to program start for refund. If the required notice is given refunds will be issued less 10% of the cost of the program. Medical refunds given after a program has begun will be prorated and the 10% fee will be charged. Other exceptions are noted in program descriptions.

#### **Flexible Spending**

Town of Bedford Tax ID: 04-6001082. Receipts may be printed from Active (online registration system).

#### **Photo Permission**

Participants in Bedford Recreation sponsored activities permit the taking of photos and videos of themselves and their children for publication and use. Instructions to the contrary must be made in writing to the Recreation Director.

# Bedford Recreation WinterLights \*\* Contest \*\*

This contest is an opportunity for you to show off your home and winter light display! Only displays visible from the roadway will be considered a part of the display. This contest is free and open to all Bedford residents.

The entries will be posted on our Facebook page and the display that receives the most "likes" will be the winner! By entering, all homes grant permission for their address to be included on a list to be published for the community to visit the light displays.

Registration is OPEN for this contest!
Deadline to enter: Friday, December 9.
Enter using our online registration system and search
"Winter Lights Contest."

Send photo of your display to dsquillini@bedfordma.gov by December 9.

The winner will receive 4 free AMC or Showcase Movie Tickets.

www.bedfordrecreation.org

# **Tree Lighting**



# **Discount Tickets**

#### **Movie Tickets**

- Please check movie theaters for restrictions
- May not be used online
- No expiration date

#### **Showcase Tickets:**

**\$10.00** (regular price prime-time tickets \$12-\$13)

#### **AMC Yellow Tickets:**

\$9.25 (regular price prime-time tickets \$10.50-\$13)



Winter 2023 Youth Programs:
Watch for the Youth Brochure online after November 23
at www.bedfordrecreation.org

# **Adult Program Information**

# REGISTRATION OPENS: MONDAY, DECEMBER 5 AT 8:00PM

(unless otherwise noted)







- Town of Bedford Covid-19 protocol and regulations will be followed.
- Class format (in-person, hybrid or virtual) is listed in the description of each program.
- Updates and changes to programs will be listed in the online version of this brochure.
- Information such as the directions, materials lists and instructor biographies available at www.bedfordrecreation.org.
- **Please Note:** Program refunds will not be issued unless notice is given to the Recreation Office 5 business days prior to the scheduled program/event. Please see our refund policy on page 2.

#### **VIRTUAL CLASS INSTRUCTIONS:**

Please register in advance of the class start and include your email address. Any additional instructions that you will need will be sent by email. Please check your spam folder if you do not receive.

#### **ZOOM TUTORIAL INFORMATION:**

Zoom Information Link: https://support.zoom.us Click "Join a Meeting" link in Tutorials.

#### Give a Great Gift!

Adult classes and programs make great gifts for holidays and special occasions. Buy someone a unique, thoughtful gift this season; purchase a Bedford Recreation class or event perfectly suited for that special someone. We will provide a certificate to present to the gift recipient.

Fee: \$240

## **Personal Interest**

# The Wonders of Beeswax Instructor: Tony Pulsone, Certified Master Beekeeper



Discover the wonders of beeswax! How Honey Bees make it and what they use it for. We'll then learn how to render it into a usable form – from which we can then use it to make Lip Balm, Candles, Beeswax Food Wraps, and more! A longtime beekeeper will walk you through history and share fundamental Chandler techniques to make 10" beeswax tapers, food wraps, lip balms, and other beeswax items. Material fee of \$10 payable to the instructor at class. Held at 12 Mudge Way, Rm 139. (min 5/max 12) Age 16+

Tuesday, March 14, 7:00-8:15pm Fee: \$25

Tony is a second generation beekeeper and has been keeping bees since 2010. He is a certified Master Beekeeper by Cornell University, President of the Middlesex County Beekeepers Association, and has taught beginner beekeeping classes at MIT since 2015. He has several hives at his home in Weston, that his wife and daughters put up with in exchange for honey.

#### **Chess: Beginner & Intermediate**

Instructor: Prathiba Yuvarajan

Beginners will learn about movement of pieces, check, checkmate, beginner tactics and strategies. Intermediate level will learn about intermediate - advanced tactics and strategies for opening, middle game and endgame. The class will be a combination of lesson and play-time in a fun, friendly environment. All materials will be provided. Class held at 12 Mudge Way, Flint room. (min 6/max 16) Age 16+

Thursdays, 6:30-7:30pm, 1/12-3/9 (no 2/23) 8wks



Prathiba Y Gounder is an International Woman Master who has been teaching chess for more than a decade. The journey started from NYC to Massachusetts. She has been playing professionally for more than 20 years. She won the US Open Women's Championship in 2013. Her current FIDE rating is 2196 and USCF rating is 2266. She is currently teaching chess at schools and recreation programs around MA. Prathiba holds two Master's degree in Computer application and Artificial intelligence with Robotics.

# **Personal Interest**



#### **Art and Soul: Intriguing Museum Tours**

Tour Leader: Mary Hurley

Visit 4 "off the beaten track" museums in our area. We carpool and meet for a docent-led tour of an intriguing variety of historic, artistic and educational venues. Discover where we live through museums and what they tell us about our place in history. Docent led tours add a new dimension to the museum-going experience. After registering, please make sure to email MaryHurley@comcast.net to receive your first meeting place and directions. Optional, some weeks we may stay longer to have lunch. Museum admission is an additional fee each week. Current Covid protocol in place for each museum; please bring a mask if needed. (max 6) Wednesdays, 10:00am-12:00pm, 2/22-3/22 (5wks)

Fee: \$25 per family

Mary, a long time resident of Bedford, has been the spirited leader of hikes, bike trips and other marvelous adventures for more than 30 years in our local area of historic New England. Previously, she worked as the Adult Education Coordinator for the Bedford Public Schools. Her passion has turned into quality leisure time. Now she lives to PLAY. Learning about our region and how it relates to us and to history is her passion. The shared knowledge of these connections and a desire for all of us to feel as though we are young forever is why she continues to lead people in local adventures.

#### **Ice Dam Prevention**

Instructor: Mark Garvey, BPI, ICSL, owner AirSealing America

Energy prices are on the rise! In this seminar, we will discuss air sealing and insulation and how to safely reduce your home's energy use and lower your energy costs, reduce your carbon footprint and increase comfort. If you recall the winter of 2015, it was a bad one for ice dams and the problems associated with them. Ice dams and icicles are usually a symptom of air leaks through the home's thermal envelope in the attic. There's a right way and a wrong way to try to prevent ice dams from recurring. Don't throw insulation at an air-sealing problem. Methods and materials for reducing heat loss through floors, walls and ceilings will be discussed, as well as strategies for determining air infiltration through the home's thermal envelope (What's that? We'll define that too!) Class held at 12 Mudge Way, Room 152. (min 5/max 15)

Tuesday, January 17, 7:00-9:00pm

Mark founded AirSealing America in 2008, and is based in Concord, MA. He has a degree in Environmental Science with a concentration in Energy Issues from SUNY Plattsburg. He specializes in evaluating a home's energy efficiency through visual inspection and testing (blower door, infrared and combustion safety testing), and improving the home by sealing air leaks and increasing insulation levels, if needed. More info at www.airsealingamerica.com





Fee: \$50 includes compost starter kit

#### **Organic Indoor/Outdoor Composting**

Instructor: Ray Pourali, founder EnviroPal.org



Are you interested in organic composting? Are you curious to know how to compost even if you do not have access to a backyard? How about the mystical "Compost Tea" that rejuvenates indoor and outdoor plants? Learn how to create and maintain a healthy compost bin that will be fully operational during winter months and beyond. Your compost bin will be virtually odorless and very easy to maintain. You will be able to compost many things such as coffee, some junk mail, egg containers, vegetable peels, and more. You will take home a 1/2 lb. container of a compost starter kit that contains all of the micro and macro organisms that are needed to start a perfectly healthy, organic, functioning compost bin. Your plants will love you, the trees will love you, and our planet will thank you for taking on a Green initiative. Class held at 12 Mudge Way, Rm 152 (min 5/max 10)

Tuesday, February 28, 7:00-9:00pm

Ray Pourali is academically and professionally experienced in several engineering disciplines, as well as a Clean Energy Researcher and founder of EnviroPal.org. He is passionate about protecting the environment and has been delivering indoor/outdoor year-round composting solutions nationwide. Ray has 15+ years of experience with data analysis and presentation of complex data. Learn more at EnviroPal.org

#### **Create Your Own Studio Show**

Instructors: Brian Hebert, Executive Director & Caleb Wood, Production Coordinator

Bedford TV

In this class you will be introduced to professional equipment at Bedford TV's studio at Old Town Hall and learn the technical knowledge necessary to operate the equipment and create your own show. In just one class you will get an introduction to all aspects of the production; audio, video, lighting, and recording. After this class you will be able to create your own recurring show at Bedford TV using your knowledge and the help of Bedford TV staff and volunteers. Class held at Old Town Hall, 16 South Rd. 2nd floor. (min 3/max 10) Ages 16+

Tuesdays, 6:00-8:00pm, 1/3, 2/7 or 3/7 options (1wk)





Fee: \$50

Fee: \$29

Fee: \$29

Fee: \$29

Fee: \$50

#### **Introduction to Adobe Premiere**

Instructors: Brian Hebert, Executive Director & Caleb Wood, Production Coordinator Bedford TV

In this class you will be introduced to Adobe Premiere. With this professional editing software you will be able to learn all the necessary skills to quickly edit and post your own videos. All equipment provided, bring your own hard drive if you want. Class held at Old Town Hall, 16 South Rd. 2nd floor. (min 1/max 3) Ages 16+

Thursdays, 6:00-8:00pm, 1/26, 2/23 or 3/30 options (1wk)

Bedford TV is membership based, non-profit community access television station serving the town of Bedford. Our studio is centrally located at Old Town Hall on South Road. The Bedford TV mission is to make media available, reflective and responsive to the needs of our community. We broadcast on three channels on both Comcast and Verizon cable systems.

#### **Lunch and Learn Series: Online Technology Classes** (virtual)

Instructors: Nickie Welsh, Social Club Simple

Please note that each class recording will be sent to all registered students so you do not have to attend at the exact designated time. Follow-up support is also included from the instructor and students are encouraged to reach out with questions at any time before or after the class has concluded. You will be emailed a Zoom link, please provide a current email with registration.

#### Ease into Social Media: Tuesday, January 3, 1:00-2:00pm

Do you want to gain a better understanding on exactly what social media is all about? This class will go over step by-step basics for Facebook, Instagram, Snapchat, Twitter and YouTube. Common questions and insights on social media will be reviewed so that you're up to date on the latest buzz words and topics. Come and learn to share, search and connect and leave social media savvy as ever! No prior experience required.

#### Podcasts for Beginners: Tuesday, January 10, 1:00-2:00pm

Have you heard about Podcasts and would like to learn more? In this class you will learn all about how to listen to these digital audio shows online, select your favorite topics and even learn about any subject. You'll see how Podcasts are now one of the most popular tools for learning and personal growth, as well as a fun form of entertainment! No prior experience required. Learn how to download a Podcast app, understand the different categories to choose from, how to subscribe to a Podcast you enjoy and how to listen to them while in your home, car, or out for a walk.

#### A Parent's Guide to Tik Tok: Tuesday, January 24, 1:00-2:00pm

Have you heard about the latest new app called TikTok? In this fun class we'll take a look at the fastest growing social media app used by millions each day. Learn how it's used and how parents can also help their kids stay safe while on it. We'll cover everything you need to know as it's paving the future of a new social media.

#### Cell Phones & Parenting—Oh My! Thursday, February 2, 1:00-2:00pm

When your child has a Smartphone there are key things you should know in order to keep them safe and secure. In this class you'll understand recommended safety settings on popular social media apps, parental apps for your child's Smartphone, and more! We simplify this complicated technology so that you and your child can use the phone safely without worry.



# H Mart Tour: Tour of the Asian Supermarket 3 Old Concord Rd. Burlington

Tour Leader: Debra Samuels, Cookbook Author, Food Writer, Cooking Instructor

The Asian supermarket H Mart is just around the corner in Burlington. Its aisles are chock full of treasures: sauces, noodles, dumplings, seaweed, rice, tofu, fresh banchan (Korean side dishes), an ocean of fish, teas and condiments galore. Unfamiliar ingredients, unrecognizable labels and the football-field-size store can be just too overwhelming for an enjoyable shopping experience. Join Debra for an informative and fun tour around the market. Debra will provide goody bags with items from H Mart, recipes and how to stock your own "starter" Asian pantry. Meet inside the entry by the produce section. Comfortable shoes and warm jacket a must! (min 6/max 10)

Tuesdays, March 7 & 14, 6:30-9:00pm. (2wks)

Debra Samuels was the recipient of the Japan Society of Boston's 2020, "John E. Thayer III Award," for outstanding contributions to the progress of the understanding and friendship between the people of the United States and Japan. She leads the program content and curriculum development of TABLE FOR TWO USA's Japanese inspired food education program, "Wa-Shokuiku -Learn. Cook. Eat Japanese!". She was a food writer and contributor to the Food Section of The Boston Globe and has authored two cookbooks: "My Japanese Table," and "The Korean Table." Debra lived in Japan with her family, all together, for 12 years and specializes in Japanese cuisine. http://www.cookingatdebras.com/

#### **Cheese & Chocolate: A Perfect Pairing!**

Instructor: Beth Falk, ACS, CCP, Mill City Cheesemongers

Cheese and chocolate: two of the world's favorite foods for comfort, indulgence, and romance. You may not think of them as natural partners, but these two classics are delicious companions! Join Certified Cheese Professional Beth Falk for an evening of great tastes that includes a variety of artisan cheeses and specialty chocolates. We'll start with some food science to learn why these fabulous fermented foods work so well together, and we'll do a little sensory analysis of some basic flavor compounds you may notice in the pairings. Then we'll taste the cheese/chocolate together and compare notes. Class held at 12 Mudge Way, Rm 139. (min 8/max 20)

Thursday, February 9, 7:00-9:00pm

Beth is the former Executive Director and a current member of the Board of Directors of the Massachusetts Cheese Guild and the owner of Mill City Cheesemongers, a popular cheese and wine shop in downtown Lowell. <a href="https://www.millcitycheese.com/">https://www.millcitycheese.com/</a>



Fee: \$85



Fee: \$85 includes all food



#### Pizza Like a Pro

Fee: \$50

Instructor: Katie Walter, Two Aprons Cookery

Make it an evening out and learn the secrets to making delicious pizza – both thin crust and deep dish – that's even better than delivery! We'll cover pizza dough, sauces, toppings, equipment and of course baking techniques. So whether you've been perfecting your homemade pizza recipe for years or have only eaten pizza at home from a take-out box, there's something for everyone to learn. Just bring yourself and a beverage, alcoholic or non-alcoholic, if you wish (water provided still and sparkling). Aprons, equipment, copies of recipes and all the ingredients are provided. Occasionally we will have leftovers, so feel to bring a reusable container if you want to bring food home. Class held at Two Aprons Cookery, 2 Oakmount Circle, Lexington (only a few miles from Bedford!) min 4/max 7 (age 21+)

Thursday, January 26, 6:30-9:30pm

Katie, owner of Two Aprons Cookery, enjoys food – cooking it, eating it, traveling for it, reading about it and writing about it! She cooks simply, from scratch and seasonally and is passionate about composting and running a less-waste, sustainable kitchen. She has been teaching cooking classes out of her home – first in London and now in Lexington, Massachusetts – for nearly 10 years. In her past lives, she has co-authored a cookbook titled "Some Like it Hot" (Chronicle Books, 2005) and put in time at America's Test Kitchen in Boston.

# On the Menu





#### **Sweet & Savory Crêpes**

Instructor: Jeannette Pothier, Professional Chef

Come and learn to make the simplest classic French dish — using a bit of skill and knowledge you can create delicious masterpieces. These crêpes serve as an enclosure for savory or sweet fillings and are fun to make with a little practice. We will make the batter and will get to make as many crepes as you want! Crêpes made with buckwheat (gluten free) are called a galette Bretonne (Brittany) and sometimes served with a Salad Niçoise. Egg and Gruyère cheese crêpes are easy and can be kept warm in an oven to serve at breakfast or brunch. We will serve sweet crêpes with fruit and whipped cream, some with chocolate! You will learn what crêpe pans to use and how to season it, if it is a French crêpe pan. Ingredients fee \$10; payable to the instructor at class. Please bring an apron and a small knife. Class held at 12 Mudge Way, Kids' Club, Room 149. (min 6/max 10)

Thursday, March 9, 6:30-9:00pm

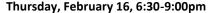
Jeannette earned her professional Chef degree and Culinary Arts Teaching diploma from Madeleine Kamman of Modern Gourmet in Newton, MA. She taught Classic French cooking, including French baking and pastry making. She studied in Aix-en-Provence with Ms. Kamman. Jeannette was the day chef at Café l'Orange in Concord while teaching at Modern Gourmet. She wrote the recipes for The Zone, by Dr. Barry Sears and she teaches healthy eating. Jeannette also taped ten classes called Cooking in the Zone that appeared on Bedford Cable TV. She enjoys sharing her knowledge of cooking, especially in the baking arena such as breads and pies.



#### Ravioli & Sauce

Instructor: Diane Manteca, Professional Chef

Join Chef Diane and learn how to make incredibly delicious raviolis, with a variety of sauces to match them. Students will learn to make pasta dough from scratch, and also learn how to use a pasta machine. Our fillings will be Pumpkin & Cranberry with a brown butter sage sauce, Wild Mushroom with a delicious wine cream sauce and, and Seafood with a roasted tomato & garlic sauce. Go away with a new skill and great recipes in this class! Please bring an apron, and take out containers for any leftovers. Ingredients fee \$15, payable to the instructor at class. Class held at 12 Mudge Way, Rm 149. Age 16+ (min 6/max 12)



Diane has been a professional chef for thirty-three years, working in high end gourmet establishments as well as catering. She owned the Brickyard Café in Cambridge, an eclectic and popular café style restaurant and Sassy River Sauces, a specialty food company, selling at farmer's markets and major food establishments. Diane has co-authored a Zone cookbook about healthy eating and she worked as a food consultant and developed recipes for a major specialty food company. She is now a personal chef with clients in the Boston area. Her teaching career spans 30 years, with Italian cooking her specialty. She travels to Italy often to expand her collection of regional Italian recipes. Please contact Diane at personalchefdiane@gmail.com with any specific questions about her classes.



Fee: \$50

#### Your Healthy, Healing Kitchen

Fee: \$50

Instructor: Sandy Morvillo



Learning to use AIP (autoimmune protocol) in the kitchen to make gluten, dairy and nut-free options to eat that help reduce inflammation throughout your body to make you feel and look better that actually taste good! In this introductory class, we will introduce cooking substitutions like cassava and tigernut flours, grass fed proteins and vegetable heavy meals like Shepherd's Pie and Pumpkin Cookies. We will make dishes together but most importantly, you will get to sample these super tasty foods and bring home ideas for your families, friends and for yourselves! Ingredient fee \$10, payable to the instructor at class. Aprons welcome! Class held at 12 Mudge Way, Rm 149. (min 8/max 12)

Friday, January 20, 6:30-8:30pm

Sandy grew up in Maine. She received her undergraduate degree in Business at Bentley College. She began teaching fitness classes in college. Sandy attended the Massage Institute of New England, became a CLMT, and had her own practice in Waltham for 15 years. Sandy has been teaching Fitness classes and working as a Personal trainer for more than two decades. She has certification through AFAA, ACE and various other programs.

# Be Creative: Arts & Crafts



#### Mosaic Workshop: Trinket Dish

Instructor: Crystal D'Abbraccio, Tiny Tile Mosaics Studio

Mosaic is an assembly of many pieces, sometimes broken, to create a larger and more beautiful whole in this centuries-old art form. Come join Crystal and explore the art of mosaic!Fee includes all supplies and tools to complete a project (choice to make butterfly, lady bugs or dragonfly design). Class held at 12 Mudge Way, Rm 152 (min 6/max 20) Age 15+

Friday, March 10, 10:00am-12:00pm Monday, March 13, 7:00-9:00pm Fee: \$35 Fee: \$35



Crystal is an artist that finds great pleasure in teaching mosaics to diverse learners of all ages. She enjoys creating and instructing others how to use mosaics as a way to inspire and spread joy to communities everywhere. Furthermore, she believes that mosaic art can also encourage healing from trauma, illness and loss. In many ways, the process of creating a mosaic can be used as a healing approach to personal growth and self reflection.

For more information: https://www.tinytilemosaics.com/

#### I Made It: Needle Felted Succulent Workshop

Instructor: Lisa Magnuson, Felting Artist

Join Lisa to learn the art of needle felting and make this adorable mini-succulent (which requires no watering!). In this class you will discover how fun and easy it is to work with wool roving using a special felting needle. There will be a \$10 materials fee paid to the instructor at class; includes all supplies and tools to complete project. Class held at 12 Mudge Way, Rm 152 (min 3/ max 12) Age 15+

Wednesday, January 18, 10:00am-12:00pm Wednesday, January 25, 7:00-9:00pm



#### **Using Your New Cricut Machine**

Instructor: Lisa Magnuson

Have a Cricut machine sitting and waiting to be used or maybe it's on your holiday gift list? Join Lisa to turn on your machine and get started! This class is for the beginner – it will be geared toward those who have little to no experience with Cricut or Design Space. Project material list available online or pick up at the office. Class held at 12 Mudge Way, Rm 152 (min 3/max 8)

Thursday, January 12, 7:00-9:00pm Fee: \$35

#### During this class you will learn how to:

- Power up Cricut machine
- Become familiar with Cricut tools and materials
- Load/unload mats
- Cut a basic monogram or name and apply to a paper storage case
- Create a greeting card
- Cut design and apply to notebook, sign or product of your choice
- Download free fonts from internet

#### **Required for Class:**

Fee: \$35

Fee: \$35

- Cricut machine Explore or Maker models. This class does not cover Cricut Joy.
- Cricut Design Space on laptop or ipad (subscription helpful but not necessary)
- Basic Cricut tools (most come with the machine bundles): Cutting mats, scissors, weeding tool, scoring tool

Lisa loves crafting of all sorts including sewing, needle felting, crocheting, and Ukrainian egg decorating. She also loves teaching and helping others learn these arts. Lisa created a series of "I Made It" workshops in connection with the Chelmsford Center for the Arts, and offers workshops at the New England Botanical Garden at Tower Hill and the Old Mill House Coffee in Chelmsford. This past November, Lisa taught at the SewMagical Expo in Orlando, Florida. She is now thrilled to be offering programs at the Bedford Recreation Department. Follow Lisa on Instagram at Crafting Through Life.

# Be Creative: Arts & Crafts

#### **Watercolor Journeys Workshop**

Instructor: Susan McFarlane, artist

Tradition meets experimentation to create textural images with watercolor. Learn a process that begins without the end in mind then brings chaos to order. Through a multi-step process that is part printmaking, part painting, and part drawing, we will create a series of "starts." This is the place where abstraction or realism begins. This introductory class will include demonstrations, discussions of techniques and processes, individual feedback, and a game. During "drying time" we will explore basic, traditional watercolor techniques that will allow you to bring your vision to fruition. Take a journey of exploration and come play in the water! Material list available in registration or at the Recreation office. Additional materials will be provided in class and payable to instructor, \$25. Class held at 12 Mudge Way, Rm 152. Co-sponsored by the Bedford Arts and Crafts Society. (min 6/max 12) 5wks

Fridays, 10:00am-12:30pm, 1/20-2/17

#### Zentangle® (virtual)

Instructor: Susan McFarlane, artist

Zentangle® is a method of meditative art making. Each creation is personal and allows you to relax, increase hand-eye coordination, and connect with others in a creative, positive, online atmosphere. No previous art experience or skill is required. This program is accessible to all who have interest in adding some creativity to their week. Draw along with Susan McFarlane, Certified Zentangle® Teacher. Each student's drawing is unique to them, and when viewed with others is altogether something amazing. Zoom link will be emailed to you prior to class. Material list available in registration link, in the office or can be emailed. (min 7/max 25) 3wks

Wednesdays, 7:00-8:00pm, 3/1-3/15

Fee: \$125

Susan was born and raised in Massachusetts where she was constantly drawing, painting, and making things. She earned a B.S. in Design from Brigham Young University, a Post Baccalaureate Certificate from Pennsylvania Academy of the Fine Arts,a Masters in Museum Studies from Harvard and is a certified Zentangle® Teacher. She has studied with Kathleen Conover, James Toogood, and Marie Natale combining techniques from each into her own style. Susan is an instructor at LexArt, has taught at Snow Farm, and Rockport Art Association & Museum. Susan is a member of Rockport Art Association Experimental Art Group, Cambridge Art Association, and other local arts groups. She loves to "play in the water" and share her love of watercolor with students. For more information: mcfarlanearts.com



Fee: \$45



#### Joy of Paint! "Morning Row"

Fee: \$35

Instructor: Trina Teele, artist

Join local artist Trina Teele for a single session painting class. You'll finish your painting "A Morning Row" in one night! Classes are designed for beginners and experienced alike. Enjoy a unique night out on your own or bring a date, co-worker, friend or family member. Venture out for a different evening of creativity and come enjoy painting with Trina! There will be a \$10 materials fee paid to the instructor at class; includes all supplies. (min 5/max 12) Age 16+

Thursday, January 26, 7:00-9:00pm

Trina is an artist and life-long resident of Chelmsford, Massachusetts, who believes that creative expression, is always a worthy pursuit. Her great interest in the essential and energizing role art plays in our lives has inspired both her paintings and her creativity practice. Trina received a BFA degree in both painting and graphic design from the University of Massachusetts, Amherst. She is represented by Main Street Gallery in Falmouth, the Gallery by NOA at the Groton Inn in Groton and the Chelmsford Center for the Arts in Chelmsford. She has shown multiple years at SOWA in Boston. She has been featured in BostonVoyager.com. Her artwork has been juried into and sold at numerous shows and art venues including the Whistler Museum of Art, the Brush Art Gallery, and ArtUp in Lowell, Gallery 7 in Maynard, and Chelmsford Center for the Arts. She has exhibited solo shows in Westford, Chelmsford, and Newburyport. She is the artist-in-residence at the newly renovated Chelmsford Center for the Arts (CCA) and welcomes visitors to her studio.

# Be Creative: Arts & Crafts



#### **Drawing in Pen and Ink**

Instructor: Trish Ng, Artist and founder of Artspark School of Visual Art Adult students will learn key drawing concepts (such as contour/shape, light/shadow, texture, color) through various projects executed in ink. These classes will utilize several different materials over the course of the 4 week program including markers, dip pens and India ink, technical fine line pens and ink washes. Beginner and intermediate/advanced students welcome. We supply all the papers and materials needed. In-person classes held at Artspark studio, 41 North Rd. (min 3/max 8) 4wks Wednesdays, 10:00am-12:00, 1/11-2/1 Fee: \$165

#### **Drawing Faces and Features**

Instructor: Trish Ng, Artist and founder of Artspark School of Visual Art Adult students will learn to draw the human face by focusing on features and composition. This three week class will start with a deep dive into facial features with a special concentration on eyes, noses and lips. One class will be focused on a 'generic' portrait to learn about the proper composition of the features to achieve a realistic human face. Our final class can be a portrait of the student's choice or one of the many interesting faces available for reference. Students of all levels are welcome but some drawing experience is preferred. We supply all the paper and materials needed for this pencil drawing class. In-person classes held at Artspark studio, 41 North Rd. (min 3/max 8) 3wks Fee: \$125



Wednesdays, 10:00am-12:00, 3/15-3/29



Trish has been a professional designer for 30+ years, specializing in footwear, apparel and accessories for several local and international companies. She teaches drawing to children and adults. In addition, Trish currently teaches college level design courses in footwear and soft-goods design at Wentworth Institute of Technology in the Industrial Design Department. Throughout her career, Trish has utilized her creativity and drawing skills to express her ideas. She founded ArtSpark School as a place to teach the lifelong drawing skills she has come to rely on for career success and everyday enjoyment.

#### **Stone Carving Saturdays**

Instructor: Scott Cahaly, Stone Artist, Scott's Stone Carving Studio In this popular one-day workshop, you have the opportunity to carve your own stone, an art form that is not typically accessible. Beginners and experienced sculptors alike will be guided through the process of looking into the rock for imagery, carving into material, planning and forming a sculpture, and using tools. Handcarving techniques will be demonstrated and stone carving lore will be discussed. Safety in the studio and stone and tool sourcing will also be addressed. You will leave with a stone sculpture in hand. Please bring a bag lunch to class. All materials will be provided. Ages 16+ Class held at Stone Carving Studio, 80 Loomis St. 2nd floor. (max 4)



Saturdays, 9:30am-2:30pm Fee: \$175 each option

Options: January 21, February 11 or March 18

Scott graduated from the University of Vermont with a degree in fine arts. While working as a resident sculptor at the Vermont Marble Exhibit, he carved a 5,000 pound block of Vermont Marble. Scott relocated to the Boston area where he started exhibiting his work in many galleries and universities. He is a member of The New England Sculptors Association and he has been teaching at several major sculptural institutions in the Boston area.











# **Health & Wellness**

#### First Aid, CPR & AED

Instructor: Juanita Allen Kingsley, W-EMT **American Safety and Health Institute Certification** 

The ASHI Pediatric CPR, AED, and First Aid training program provide an ideal training solution for parents/ grandparents, counselors, childcare providers, sports coaches, and others required to learn how to respond to medical emergencies. Topics include: Adult and Pediatric CPR & AED, First Aid Basics, Medical/Injury/Environmental Emergencies, Allergies, Epipens and Asthma. 2-year certification. Cards will be mailed. Please bring a mat or towel for kneeling. Class will be held at 12 Mudge Way, Flint room. Age 15+ (min 6/max 12)

Monday, February 13, 6:30-9:00pm



Fee: \$87

Grandparent/Caregiver: Pediatric First Aid, CPR

Instructor: Juanita Allen Kingsley, W-EMT **American Safety and Health Institute Certification** 

If you're caring for an infant or child, you need to know how to respond in case of a first-aid emergency. You'll learn to handle injuries and manage illness for the first few minutes until help arrives. We'll cover first aid basics; medical, injury and environmental emergencies; and CPR for all ages. You'll learn about allergies and epipens too. Upon completion of the course, you'll receive certification in Pediatric First Aid and CPR for all ages. Open to Grand/parents and caregivers of any age. Please bring a mat or towel for kneeling. Class will be held at 12 Mudge Way, room 139. (min 6/max 12)

Thursday, March 2, 10:00am-12:30pm

Juanita Allen Kingsley is the owner of Allen Kingsley-Lifelong Learning Essentials. She completed her EMT training at Northeastern University and received Wilderness EMT Certification through Mountain Aid Training International. A health educator, she trains more than 2,000 people yearly through her First Aid, Wilderness First Aid, CPR and AED classes in addition to the variety of health and safety programs that she teaches. Juanita serves as an instructor and instructor- trainer with ASHI (American Safety and Health Institute), the American Heart Association, and the National Safety Council.

#### The RESTART® Program

Fee: \$87

Instructor: Alicia Brickman, Nutritional Therapy Practitioner

The RESTART® Program is a simple, powerful way to give your body a vacation from sugar and processed foods. It is a 5-week, holistic, fully-supported, guided program that includes a 3-week sugar and processed food elimination. The program focuses on using REAL FOOD to boost your energy, reduce inflammation and get rid of sugar and carb cravings. You will learn how digestion really works and the truth about fats and so much more. Discover how well you can feel! Class held at 12 Mudge Way, Rm 151 (min 3/max 12)

Tuesdays, 9:45-11:00am, 1/10-1/31 (5wks)

Fee: \$118 Wednesdays, 7:00-8:15pm, 1/18-2/8 (5wks) Fee: \$118

Alicia is a Bedford resident and a graduate of the Nutritional Therapy Association as a Nutritional Therapy Practitioner. She is also a 20 year NASM certified Personal trainer. For more information: www.newenglandnutritionaltherapy.com

#### The Gut Microbiome (virtual)

Instructor: Dr. Nina Frusztajer, MD, MS

In this informative and practical session, Dr. Frusztajer, will discuss what the gut microbiome (AKA biome) is and why the trillions of microbial cells that live in the human digestive tract are essential for your physical and mental health. The role the biome plays in the hormone, metabolic, immune, and neurologic systems. How a healthy biome can support weight loss, alleviate depression and anxiety, and decrease the risk of cardiovascular disease. What to eat and what to avoid to optimize and maintain the health of your biome. Bring your questions and get ready to elevate your health, it's easier than you think! A zoom link will be sent prior to class, please provide a current email. (max 10)

Wednesday, January 25, 4:00-5:15pm

Fee: \$25

Nina Frusztajer, MD, MS is a practicing physician and certified life coach specializing in weight loss, nutrition, and wellness through her private practice, Dr. Nina MD (www.drninamd.com). She's also the co-founder and co-author, with Judith Wurtman, PhD, of The Serotonin Power Diet offering weight loss programs based on Judy's MIT research on food, mood, and brain chemistry to reduce cravings, manage emotional eating, and reverse antidepressant weight gain. Nina has a Masters in Nutrition and 20 years of experience in the field.

# **Health & Wellness**



#### Yoga Therapy for Insomnia (virtual)

Instructor: Cheryl Maloney, C-IAYT, E-RYT 500

Sacred Space Yoga Therapy LLC

Learn yoga techniques to apply into your everyday life that can help you get a restful nights sleep. This class will discuss sleep hygiene, include weekly breathing practices, postures, mudras and body scan guided meditation. Comfortable clothing and a mat recommended. You will be emailed a Zoom link in advance of the class. Recordings of the class will be available to you. (min 3/max 20)

Thursdays, 9:30-10:30am, 1/19-3/16 (no class 2/23)

#### Sankalpa Workshop for the New Year (hybrid)

Instructor: Cheryl Maloney, C-IAYT, E-RYT 500 Founder Sacred Space Yoga Therapy LLC

Sankalpa refers to a heart felt desire or intention, rather than setting a goal or having a resolution for the New Year. This workshop will begin with a gentle yoga practice to bring you into the present moment. Followed by a worksheet that prompts you from something you really want in your life through steps that results into your Sankalpa that expresses your deepest desire for your life. You will leave with your intention for the New Year. In-person class held at 12 Mudge Way, room 153. You will be emailed a Zoom link in advance of the class if you are attending virtually, please include an email address. Comfortable clothing and a mat recommended. (min 3/max 12 in person)

Thursday, January 12, 7:00-8:15pm Fee: \$40



Fee: \$148



#### **Aromatherapy with Essential Oils Workshop**

Instructor: Cheryl Maloney, C-IAYT, E-RYT 500 Founder Sacred Space Yoga Therapy LLC

Come learn about the health benefits of using essential oils. In this class we will learn about which oils can help promote different states of relaxation, uplift your mood, and help ease some discomforts in the body. You will learn how to make a lip balm with your choice of flavor. You will also leave with a few sample oils to experiment with at home. Cheryl uses all Doterra oils which are therapeutic grade essential oils. Fee includes all materials. In-person class held at 12 Mudge Way, room 139. (min 3/max 12)

Wednesday, February 1, 7:00-8:30pm

Fee: \$40

Cheryl is a Bedford resident and founder of Sacred Space Yoga Therapy LLC located in Bedford. Her philosophy is to look at the whole being, rather than treating a specific condition. She empowers clients to learn and apply some of these yogic tools to facilitate self-care. Cheryl received her 200 hour teaching certification through Kripalu in February, 2009. She earned her designation from The International Association of Yoga Therapists as a C-IAYT in December, 2016. She is currently registered with Yoga Alliance as an E-RYT 500. For more info see her website: https://sacredspace108.com/



#### Going Beyond Decluttering! How to Create Spaciousness In Your Life! (virtual)

Instructor: Kathleen Young, M.Ed., Life Coach, Aurora Lights Coaching We've all heard about decluttering, but this workshop takes it to a whole new level! In this class, we will work to remove the clutter of thoughts, unnecessary obligations and habits that keep you from living your fullest life. We will also discuss time management. Kathleen will provide information, tips, exercises, and time for connection. We will discuss cognitive thought patterns, purposeful scheduling, and tips for efficiency. You will be emailed a Zoom link in advance, please include an email address. (min 2/max 8)

Monday, January 23, 7:00-8:30pm,

Kathleen is a life coach and the founder of Aurora Lights Coaching. She holds the space for clients to create their best lives with intention. She specializes in helping people navigate beyond immediate issues to find long-lasting, creative and transformative solutions. Kathleen supports her clients through workshops, group coaching sessions, individual coaching sessions, activities and resources.

You can find out more about Kathleen at: <a href="https://auroralightscoaching.com">https://auroralightscoaching.com</a>

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Fee: \$35

# **Exercise & Fitness**

This Winter, some adult fitness classes will be in-person and others will be virtual or hybrid (option for in-person or virtual). If not an in-person class, the format will be listed in the class description.

If you are uncertain about enrolling and you would like to try a class before registering, please contact us in advance.

**Virtual Classes:** You may not be able to come to us for exercise and fitness classes, but we can come to you! Join your favorite instructors/classes or try something new! Classes will be hosted by the instructors on Zoom in the comfort of your home or space.

- Register online at www.bedfordrecreation.org at least 24 hours in advance of the class start and include your email address.
- Class instructors will email the Zoom meeting link to join the class and they will provide you with any additional instructions that you will need.
- Please ensure that your exercise space is safe and free from tripping or other hazards.

Zoom Tutorial: https://support.zoom.us Click "Join a Meeting" link in Tutorials.

#### Osteofitness™ (virtual)

Instructor: Beverley Ikier, Ikier Wellness Center

Evidence shows that treatment for osteoporosis is multifaceted, involving not only strength training, but nutrition and lifestyle changes, too. Osteofitness<sup>TM</sup> follows this philosophy, combining strength training, stretching, balance and proprioceptive training, and fall-prevention techniques, which specifically target osteoporotic sites, with health education, bone-health nutrition, and stress-management skills. In addition to the biweekly class, the program includes numerous supplemental class perks, including two recorded videos, a monthly newsletter, monthly carne (meat-based) and vegetarian recipes, email coaching outside of class, a 20-minute consultation to discuss your bone scan, and bonus material. Osteofitness<sup>TM</sup> is a comprehensive course geared at building new bone and most members have seen improvement in their bone scan T-scores after participating! (min 1/max 10)

**Equipment needed:** "Beverley" ball (which is a 35cm inflatable, bouncy ball), hand weights, an exercise mat (not a yoga mat), and ankle weights. Please visit <u>osteofitness.com</u> under equipment and apparel for more information. Wear comfortable exercise clothing. You will be emailed a Zoom link in advance of each class.

Dates: 1/17-3/9 Fee: \$352 per option

**Schedule options:** 1 hour class-2 times per week (16 classes) **Option 1:** Tuesdays & Thursdays, 11:00am-12:00noon

Option 2: Tuesdays & Thursdays, 4:00-5:00pm

Free Trial Class: Monday, January 9, 12:00noon. Please register by Thursday, January

5. If you cannot attend at this time, you will be sent the recording.





Beverley Ikier is certified with the National Council of Strength and Fitness, Board Certified Muscular Therapist, member of Bone Health and Osteoporosis Foundation, and creator of Osteofitness<sup>TM</sup>.

Contact for more information: The Ikier Wellness Center

email: theikierwellnesscenter@gmail.com

phone: (978) 254-5620 website: osteofitness.com

Address: 336 Baker Avenue, Concord MA

#### **Beginner & Intermediate Tai Chi**

Instructor: Oscar Hsu, Oriental Healing Arts



Tai Chi is an ancient Chinese martial art, an excellent form of exercise and meditation in motion. Seemingly effortless movements are executed in a smooth, flowing and non-strenuous manner, promoting awareness, health and longevity. Strengthen your immune system by increasing strength and flexibility and balancing energy. Improve physical health and reduce stress. Learn Chigong routines and the Modified Yang Style Short Form in a format that is friendly and safe. Please wear comfortable clothing. Zoom link will be emailed 24 hours in advance for virtual class. (max14)

Wednesdays (in-person), 6:30-7:30pm, 1/11-3/15\* (10wks)

Class meets at Bedford High School, 9 Mudge Way, Dance Studio (behind the main gym)

\*Class on 2/22 will be held at 12 Mudge Way, Kids' Club, room 153

Thursdays (hybrid), 1:00-2:00pm, 1/12-3/16 (10wks)

Class meets at 12 Mudge Way, Union room

Oscar has been a Tai Chi practitioner for more than 30 years. He has been trained and qualified by OHAA (Oriental Healing Arts Association) and he has been teaching Tai Chi for several years. Oscar started learning Judo and Chinese martial arts in Hong Kong as a young man where he was a Judo student of the coach who led the Hong Kong Judo team to the Olympics in 1967. He earned a First degree blackbelt in Shaolin Kenpo under the tutelage of Master Eugene Gaudreau.

Fee: \$105

Fee: \$105

# **Exercise & Fitness**



#### **Nia Class**

Instructor: Joan Turnberg

Nia is a fabulous fusion of dance, martial arts and yoga designed for all levels. Nia delivers an invigorating cardio workout while developing strength, balance, flexibility, agility, mobility, body awareness and relaxation. You will need a yoga mat or thick towel. Contact Joan at joant.llw@gmail.com for more info. A Zoom link will be sent in advance for those registering for virtual only. Class recording will be sent should you miss a class or want to take again during the week. Classes in-person will be held in the Union Rm, 12 Mudge Way. Hybrid option enables you to choose either in-person or virtual class. (min 5/max 25, in-person max 12)

Mondays (hybrid) 9:45-10:45am, 1/23-3/27, no class 2/20 (9wks) Fee: \$94 Wednesdays (hybrid) 9:45-10:45am, 1/18-3/29 (11wks) Fee: \$114

Joan is an enthusiastic Nia Instructor and a resident of Bedford. With previous experience in Tae Kwon Do, Kenpo, and Tai Chi, Joan finds that Nia embodies what she loves about martial arts (kicks, punches, blocks, sounding, slow Tai Chi moves) and blends it with dance and fun variety of music. "Nia is the MOST fun exercising I've ever done!" Previously, Joan was a Training & Development Manager at Abbott Laboratories, MediSense Products. She has a degree in Medical Technology.



#### **Hatha Yoga**

Instructor: Bonnie McCulloch

Are you new to yoga or just looking to stretch and strengthen your body and quiet your mind? This class consists of centering, warm-ups, performing basic postures, breathing techniques and a period of deep relaxation. Bonnie is a certified Hatha yoga teacher who believes that the practice of yoga is beneficial to people of all fitness levels. In each class, Bonnie offers modifications and advanced forms of the yoga postures practiced. You will need a yoga mat. Optional: use a block and strap. Zoom link will be emailed 24 hours in advance. Classes in-person will be held in the Union Rm, 12 Mudge Way. Age 15+ (min 5/max 25, in-person 12)

Monday (virtual) 7:00-8:00pm 1/9-3/20 (11wks) Fee: \$135 Tuesday (hybrid) 1/10-3/21 (11wks) Fee: \$135 9:45-10:45am 1/11-3/22 (no class 3/1) (10wks) Wednesday (hybrid) 7:00-8:00pm Fee: \$123 Friday (virtual) 9:30-10:30am 1/13-3/24 (no class 3/3) (10wks) Fee: \$123

Bonnie lives in Bedford and she has been practicing yoga for more than 25 years. She received her Hatha Yoga certification from Frog Pond Yoga Centre in Princeton MA and her Children's Yoga certification from Finding Inner Peace Yoga School. Bonnie's teaching philosophy is that yoga is universally beneficial and can be practiced by individuals of all physical abilities. Bonnie also holds a Masters in Special Education and she is certified to teach grades PreK-9.





#### Intro to CrossFit®

Instructor: Gregg Downing, CF-Level 1 Coach, Club 600

CrossFit incorporates constantly varied functional movements at relatively high intensity. You will learn about the movements of CrossFit in a safe and efficient movement pattern. Every workout is different and carefully modified and tailored by the coach to accommodate each individual's experience, fitness level, age and fitness goals. Class held at Club 600, 65 Wiggins Avenue. Age 18+ (max 5) 8wks

Wednesdays, 8:15-9:15am, 1/4-2/22 Fee: \$115 Thursdays, 5:30-6:30pm, 1/5-2/23 Fee: \$115

Gregg has been coaching and training athletes since 2014 in Arkansas and California. He likes to focus on getting his clients to accomplish their gym goals while building character and mental toughness. Gregg has competed in CrossFit comps, obstacle course races, half marathons and ultimate frisbee. His hobbies include basically anything outdoors and that is both physically and mentally challenging. Gregg is always looking for new ways to learn and strive to improve in coaching and in his own journey. Gregg loves to spend time with his wife and their dog, who are also fitness enthusiasts!

# **Exercise & Fitness**

#### **Body Balance & Core Strength** (hybrid)

Instructor: Jayne Schmitz, Certified Balanced Body Pilates Instructor

This program will challenge you to increase deep core strength, balance, and tone. Drawing from the Pilates discipline, we will work on body awareness, posture, and total body strength from the inside out. Core stability and alignment are emphasized throughout. The majority of movements are floor exercises done on a mat. The program will help you transform the way your body looks, feels and performs as you improve mobility, posture and tone. All levels of fitness and experience are welcome. Bring a mat or large towel, and water bottle. Zoom link will be emailed 24 hours in advance for virtual classes. Class recordings are included and available during the duration of the session. Age 16+ (min 6/max 20, 10 in-person class max) In-person class meets at 12 Mudge Way, Kids' Club Active room.

Tuesdays, 6:15-7:15pm, 1/17-3/21, no class 1/24 (9wks)

Jayne has been a fitness enthusiast in the health promotion and wellness industry for twenty-plus years. Her undergraduate studies concentrated on dance performance at The Boston Conservatory of Music and she received her Masters of Public Health from Boston University. She has found Pilates to be that link back to her love of the dance, first as a student and practitioner, and eventually as a teacher. She has been practicing Pilates for the past fifteen years and more recently she was inspired to become a certified Balanced Body Pilates Mat instructor.



#### Pilates & Yoga Fusion: Beginner/Intermediate Options (virtual)

Fee: \$144

Instructor: Dawn George, Attitudes Dance and Fitness
Join us for a beautiful fusion of these two genres with our Pilates Mat class bookended
by some gentle yoga. We will start your weekend off right and kick start your
metabolism! Comfortable exercise clothing and socks or bare feet and a Mat. Zoom
link will be emailed to you at 6:30am the day of class. Age 16+ (min 5/max 10)

Fee: \$230

Fee: \$230

Beginner/Intermediate: Fusion I

**Saturdays, 9:00-9:45am, 1/21-4/8** (12wks)

Intermediate: Fusion II

Saturdays, 10:00-10:45am, 1/21-4/8 (12wks)

Dawn, owner of Attitudes Dance and Fitness, began dancing in Indiana where she studied for most of her formative years under the direction of Margie Thilmont and Irene Hand (London's Royal Academy of Dance). She continued her dance education at Indiana University's Ballet Conservatory with Melissa Lowe and Jory Hancock (University of Arizona). She continues to take classes from top instructors in the field. Dawn's students have gone on to dance professionally and to study with the Joffrey Ballet, Boston Ballet, Broadway Dance Center and many more! For more than 20 years, she has shared her passion with aspiring dancers of all ages and she loves passing on skills, passion, and knowledge. Certifications/Licenses: CPR/AED, AFAA, Pilates Mat, Zumba® and AcroArts.

#### Small Group Training (virtual)

Instructor: Sandy Morvillo

Have the motivation to workout at home but don't know what to do? Or maybe you need the connection and having a specific time weekly to meet? Sandy will guide you through a simple but challenging workout complete with warm up and stretching in the comfort of your own home. All you need is a few pieces of equipment, an area to do full body exercises and a positive attitude! Need at least one set of dumbbells (2-3 would be optimal), large circular resistance band, small circular glute resistance band. Zoom link will be emailed in advance. Age 18+ (min 4/max 12) 8wks

Tuesdays, 6:00-7:00pm, 1/10-3/7 (no class 2/21) Thursdays, 6:00-7:00pm, 1/12-3/9 (no class 2/23)

\*\* See Sandy's Healthy Cooking class in the On The Menu section!



Fee: \$108

Fee: \$108

Sandy grew up in Maine. She received her undergraduate degree in Business at Bentley College. She began teaching fitness classes in college. Sandy attended the Massage Institute of New England, became a CLMT, and had her own practice in Waltham for 15 years. Sandy has been teaching Fitness classes and working as a Personal trainer for more than two decades. She has certification through AFAA, ACE and various other programs.

## **Dance & Fitness**

#### **Belly Dancing**

Instructor: Demet Senturk



This class was so popular, we are bringing it back for the Winter; starting with a 3-week beginner/or refresher class, followed by a class for returning dancers! Benefits of belly dance are both mental and physical. Belly dancing provides a good cardiovascular workout and helps increase flexibility and strength. The emphasis on muscular "isolations" teaches the ability to move various muscles or muscle groups independently. This dynamic, fun, easy, and original belly dancing fitness program combines exercise with dance moves. The practice offers mental health benefits including an improved sense of well-being, better body image and self-esteem, and the generally positive outlook that comes with regular, enjoyable exercise. This is suitable for all ages and body types. Regular workout clothes are appropriate. Participants can choose to be barefoot or wear socks. Coin belts will be provided as props to try during class. This is an inperson class. Class will be in the Union Room, 12 Mudge Way. (min 5/max 15)

**Beginner/Refresher:** Thursdays, 7:00-8:00pm, 1/5-1/19 (3wks) **Fee: \$43 Returning Dancers:** Thursdays, 7:00-8:00pm, 1/26-3/23 (no class 2/23) 8wks **Fee: \$115** 

Demet, a Bedford resident, originally from Turkey, has performed various styles of dance since she was little. She has studied the art of belly dancing for most of her life and developed a style that combines contemporary music and traditional forms of belly dance to encourage self-expression, exercise and empowerment. Her philosophy with this program is to position belly dancing as a great way of building and embracing confidence and elegance. She created and taught her unique belly dancing program at Northeastern University, Smith College and Simmons University. Demet works in biotech and holds her undergraduate (biochemistry) and master's degree (biotechnology) from Northeastern University and MBA from Simmons University School of Business.

#### Zumba® (virtual)

Instructor: Jess Martin, Attitudes Dance and Fitness

Zumba classes use hypnotic Latin and International rhythms and routines that feature interval training where fast and slow rhythms are combined to improve coordination and cardiovascular fitness. It feels more like a PARTY than a workout! All levels are welcome. Suggested clothing: comfortable exercise clothes and sneakers. Zoom link will be emailed to you at 6:30am the day of class. Age 16+ (max 20) Wednesdays, 7:00-8:00pm, 1/18-4/5 (12wks)



Fee: \$108

Fee: \$108

Jess is a licensed Zumba® Fitness instructor, accomplished choreographer, and elementary school teacher. While on summer vacation, a friend brought her to a local Zumba® class and she was hooked! Jess got her license and became a ZIN member in May 2012. Since then, she has happily led classes and fundraisers in the Bedford community and even for her colleagues at school. She regularly choreographs local school musicals as well as other local events. Jess loves to share her passion for dance and teaching with her classes.

#### Cardio BarreBLAST! (virtual)

Instructor: Dawn George, Attitudes Dance and Fitness

This high energy, no impact fitness class combines work at the ballet barre with light weights to give you a continuous fat burning class. Toning and resistance exercises for the glutes, legs, torso and arms will sculpt your muscles and elongate the appearance of your body to get the blood pumping and to make you feel great. Equipment: barre/chair/countertop/stair rail and 2-3lb hand weights. All fitness levels are welcome. Comfortable exercise clothing and sneakers recommended. Zoom link will be emailed to you at 6:30am the day of class. Age 16+ (max20) 12wks

Mondays, 7:00-8:00pm, 1/16-4/3 Thursdays, 7:00-8:00pm, 1/19-4/6



Dawn, owner of Attitudes Dance and Fitness, began dancing in Indiana where she studied for most of her formative years under the direction of Margie Thilmont and Irene Hand (London's Royal Academy of Dance). She continued her dance education at Indiana University's Ballet Conservatory with Melissa Lowe and Jory Hancock (University of Arizona). She continues to take classes from top instructors in the field. Dawn's students have gone on to dance professionally and study with the Joffrey Ballet, Boston Ballet, Broadway Dance Center and many more! For more than 20 years, she has shared her passion with aspiring dancers of all ages and she loves passing on skills, passion, and knowledge. Certifications/Licenses: CPR/AED, AFAA, Pilates Mat, Zumba® and AcroArts.

# **Outdoor Fitness**



#### **Mystery Walks**

Instructor: Mary Hurley

"The weather outside is frightful," but if you can co-exist with Mother Nature and learn to embrace the beauty of winter, life is more tolerable. Come explore where you live and find new places to add to your experiences. Enjoy the camaraderie of fellow walkers as we learn and have fun. Mary has a great following and it will be an adventure as well as a walk! Depending upon the weather we may hike, snowshoe or ice-spikes All terrain or hiking boots are best depending on conditions. Please provide email address when registering and contact instructor at maryhurley@comcast.net for meeting locations. Weather cancellations will be made up at the end. (min 1/max 7) 5wks

Thursdays, 10:00am-12:00noon, 2/23-3/23

Mary, a long time resident of Bedford, has been the spirited leader of hikes, bike trips and other marvelous adventures for more than 30 years in our local area of historic New England. Previously, she worked as the Adult Education Coordinator for the Bedford Public Schools. Her passion has turned into quality leisure time. Now she lives to PLAY. She feels that the reason that folks enroll is for friendship and love of the outdoors. Learning about our region and how it relates to us and to history is her passion. The shared knowledge of these connections and a desire for all of us to feel as though we are young forever is why she continues to lead people through the woods.

#### **Co-Ed Outdoor Winter Boot Camp**

Instructor: Sandy Morvillo

What better way to begin a fitness program or up the ante on the one you already have in a supportive, non-threatening class environment. Combining cardio and strength conditioning with use of full body, tires, hills, bleachers and more for a challenging but fun outdoor workout. Modifications are always available and encouraged for anyone with restrictions. Sneakers, outdoor workout attire and water a must. Held at Bedford High School Track. Classes held rain/snow/shine. Age 18+ (min 4/ max 30) 10wks

Saturdays, 7:30-8:30am, 1/7-3/11 (10wks)

\*\* See Sandy's Healthy Cooking class in the On The Menu section!

Fee: \$230

Fee: \$109

Sandy grew up in Maine. She received her undergraduate degree in Business at Bentley College. She began teaching fitness classes in college. Sandy attended the Massage Institute of New England, became a CLMT, and had her own practice in Waltham for 15 years. Sandy has been teaching Fitness classes and working as a Personal trainer for more than two decades. She has certification through AFAA, ACE and various other programs.

# **Sport Instruction**





#### Archery

Instructor: USA Archery Certified Instructors, On The Mark Archery
Learn archery indoors this winter and enjoy a fun and engaging introduction to one of the world's
oldest sports! This unique Olympic sport is one of the fastest growing across America and is easy
to learn, but difficult to master. The thrill of shooting a bow is unlike any other body mind
experience and it involves form elements and strategy similar to golf, yoga, martial arts and even
chess! Don't miss your shot to stay active this winter - join us indoors and discover something new!
All equipment is provided. Course led by certified USA Archery instructors. Class held at the Ripley
Elementary gym, 120 Meriam Rd, Concord (3 miles from Bedford Recreation) (max 5) Ages 15+

Session 1: Wednesdays, 6:40-7:40pm, 1/11-2/8 (5wks)

Session 2: Wednesdays, 6:40-7:40pm, 3/1-3/29 (5wks)

Fee: \$195

Mark Pirrello is a level 4 NTS Certified Coach and USA Archery Instructor. In 2012, as a camp counselor, he volunteered to help out with archery and after that Summer he was hooked on the sport. The following Fall he started his own company, On the Mark Archery and runs programs for youth and adults through afterschool programs, recreation programs, corporate events and professional outings. He feels archery is a sport to empower people to achieve a new skill, lead to success and build character.

# Sports: Pick-Up & Leagues

#### **REGISTRATION:**

Please register for each Sports program (except Men's Soccer, see description) to participate and to receive email updates including schedule and location updates as they occur. Changes may occur on short notice. www.bedfordrecreation.org to register. (exception: Men's Soccer) All programs are for ages 18+. Age 16+ may play if there is space, but they must be accompanied by a participating parent or guardian. We are very fortunate to have Volunteer Coordinators managing these programs; please help them set up, keep the areas clean, maintain the equipment and break down at the end. Have fun!

Players must be registered with email and phone contact information in order to participate.

#### Volleyball: Pick-Up

This is a co-ed drop-in program open to Bedford adults only. Please note that this is not a volleyball league and there are no set teams; players must be flexible with regard to team formation in order to enable fair competition for all.

Please bring your own volleyballs. Lane School gym. Age 18+

No Fee

Mondays, 8:30-10:00pm & Wednesdays, 7:00 - 10:00pm, 11/28-3/29 (no play 12/26, 12/28, 1/2, 1/16, 2/20, 2/22)

#### Basketball: Pick-Up

This is a co-ed drop-in program open to Bedford adults only. Please note that this is not a basketball league and there are no set teams; players must be flexible with regard to team formation in order to enable fair competition for all. Please bring your own basketballs. Bedford High School gym. Age 18+

Mondays & Wednesdays, 8:00 - 10:00pm, 11/28-3/29 (no play 12/26, 12/28, 1/2, 1/16, 2/20, 2/22)

No Fee

#### Competitive Badminton Session-Intermediate and Advanced: Pick-Up

Open courts for intermediate and advanced players. This is a competitive league. Mostly doubles, but singles when court space available. Players must be registered and attend regularly. Bring your own racket; feather shuttlecocks provided. Absences may result in removal from the program session. *ONLY REGISTERED PARTICIPANTS MAY PLAY. Guests or waitlisted players may not play.* (max 35) Lane School Gym. Age 18+.

Tuesdays, 7:30-10:00pm, 1/3-3/28 (no 2/21) 12wks

Non-resident registration opens: Monday, December 12 at 8:00pm

Fee: \$25 Shuttle fee Bedford Residents Fee: \$60 for non-Bedford Residents

#### **Competitive Badminton: Sunday Program**

This is a competitive program for intermediate and advanced players. Pre-requisite: 2 prior sessions of Tuesday Competitive play or approval of coordinators, please email rgembis@bedfordma.gov if interested 5 days prior to the registration date. Bring your own racket; shuttlecocks provided. Absences may result in removal from the program session. *ONLY REGISTERED PARTICIPANTS MAY PLAY. Guests or waitlisted players may not play.* (max 30) Lane School Gym. Age 18+. (7wks)

Sundays, 6:30-9:30pm, 1/22-3/12 (no play 2/19)

Fee: \$125 includes shuttle fee

Non-resident registration opens: Monday, December 12 at 8:00pm

#### **Badminton-Beginner and Intermediate: Pick-Up**

Open courts for beginning and intermediate players. Some instruction is available for technique and rules. Intermediate players should provide their own rackets. Some loaner rackets available (beginners are encouraged to play a bit before purchasing a racket). Shuttlecocks are provided. Please wear indoor or tennis shoes. Lane School gym. Age 18+

Thursdays, 7:30-10:00pm, 12/1-3/30 (no play 2/23)

No Fee



# **Sports: Pick-Up & Leagues**

#### Pickleball - Recreational: Pick-Up

What is Pickleball? It's a fun sport that combines many elements of tennis, badminton and ping-pong. It is played with a paddle and plastic ball on a badminton-sized court using a slightly modified tennis net. Check out www.usapa.org for detailed information. Bring a lawn chair for breaks. Age 18+

No Fee

Fridays, 5:30-9:30pm: Dates, TBA, registered players will receive the schedule via email, Lane School Gym.

Winter Outdoor Schedule: TBA, schedules will be emailed to registered players, posted on our website and at the courts.

#### Pickleball - Recreational: Sunday Program

An opportunity to play on Sunday afternoons this winter. *Only registered participants may play. Guests or waitlisted players may not play.* (max 30) Lane School Gym. Age 18+

Sundays, 4:00-6:00pm, 1/22-3/12 (no play 2/19)

Non-resident registration opens: Monday, December 12 at 8:00pm

#### Pickleball - Competitive Ladder Play Program: Outdoor

The format is competitive and structured for players who have intermediate/advanced skills and who are looking for a high level of competition. Bring your own paddle. Players must be registered. Age 18+

No Fee

Winter Outdoor Schedule: TBA, schedules will be emailed to registered players, posted on our website and at the courts.

#### Soccer: Pick-Up

Open to all Bedford Residents, age 18+ and not in high school. Please bring a white shirt & a dark-colored shirt. No Fee

Outdoor Soccer: Sabourin Field at Bedford High School (weather dependent)

Women: Wednesdays, 7:00 - 8:30pm thru 12/21

Men: Mondays, 8:30-10:30pm and Wednesdays, 8:30-10:30pm thru 12/21

Indoor Men's Soccer: Davis School gym

Schedule: Mondays, \*Tuesdays, Wednesdays and Thursdays, 8:30-10:00pm, 11/28-3/30

\*Tuesdays are ages 50+ night

#### REGISTRATION:

For Men's Soccer: https://groups.google.com and join via "Bedford MA Adult Soccer"

For Women's Outdoor Soccer: www.bedfordrecreation.org









Fee: \$70











# **Employment Opportunities**

School Year					
Program Aides	Minimum Age 14. Pay based on experience, starting at \$15.00/hour.				
Inclusion Facilitators	The Recreation Department seeks Inclusion Facilitators to work in after school Recreation programs run by vendors or by Recreation staff. These programs are based in the Davis and Lane Schools. Inclusion Facilitators will assist students whose challenges may otherwise prevent them from participating in after school Recreation programs. Pay is \$25/hour depending on experience. Please contact Nikki Taylor ( <a href="mailto:ntaylor@bedfordma.gov">ntaylor@bedfordma.gov</a> ; 781-275-1392) if interested.				
Soccer Referees	Minimum Age 14, Bedford Soccer is looking for Referees! Go to https://www.massref.net/becoming-a-referee/steps-to-become-referee/to sign up for a referee course. If interested or have any questions, contact Bob Goodman (goodmanreferee@yahoo.com).				
Volunteer Opportunities	If you are interested in volunteering as an Inclusion Facilitator in our Recreation Programming, please contact Nikki Taylor at <a href="mailto:ntaylor@bedforma.gov">ntaylor@bedforma.gov</a>				
Kids' Club					
Kids Club					
Group Leaders	Visit www.bedfordma.gov employment opportunities for details or contact Dan Brosgol if interested. Email: dbrosgol@bedfordma.gov. Pay based on experience, starting at \$15.00/hour.				
Summer 2023	Springs Brook Park:				
Lifeguards and Swim Instructors	Minimum age: 15 as of June 17, 2023. Must have current Lifeguard Training certification. Competitive pay based on experience, certification and availability. Accepting applications until all positions are filled. 100% reimbursement of Lifeguard Training certification at end of summer. Pay based on experience, starting at \$16.00/hour.  RED CROSS LIFEGUARD COURSE INFORMATION  Link for local Lifeguard Certification: <a href="https://www.redcross.org/take-a-class/lifeguarding">https://www.redcross.org/take-a-class/lifeguarding</a>				
Crew Positions	Minimum age: 14 by June 17, 2023. Attendants are needed to greet park guests, accepting payment as necessary, and to provide maintenance support for the facility. Interviews will be held in early May. Pay based on experience, starting at \$15.00/hour. <i>Open to Bedford residents only.</i>				
	Summer Adventures:				
Summer Adventures Staff	Positions are available for our Summer Adventures program. We are looking for responsible, enthusiastic individuals to join the team of our longstanding, popular Summer Adventures program. Minimum age: completing freshman year of high school. Pay based on experience, starting at \$15.00/hour.				

Winter 2023 Youth Programs:
Watch for the Youth Brochure online after November 23
at www.bedfordrecreation.org

#### BEDFORD RECREATION REGISTRATION FORM

Name:	Current Grade:	Sex:	D.O.B:	Hom	e Phone:		
Address:	Email:						
Cell Phone:	Work Phone:						
Cell Phone Provider:	Sign up for e-news? YES or NO (Email: re Recreation Updates)						
For minor participants: Mother's Name:	For minor participa Father's Name:				participants: ncy Contact Name:		
Work Phone:	Work Phone:	Phone:					
Cell Phone:	Cell Phone:	Relation			nship:		
Email:	Email:						
Do you or your minor child have specific health needs, allergies, physical limitations, medications or any special concerns?							
Optional: Parent Volunteer to Coach/Chaperone?							
PROGRAM NAME		DAY	T	IME	FEE		
			-+				
Optional Neighbors Donation							
Are you applying for Financial Aid (please note application procedures in brochure)?							
Payment: Cash: (Make checks payable to "Town of Bedford")							
Card Holder Name:	CVV:						
MC, VISA, AmEx, Discover #:				Exp Date			
Authorized Charge Card Signature							
I, the undersigned (participant, mother, father/legal guar participation in the programs listed below, run by the Bo Town of Bedford, and the Town of Bedford Recreation limited to negligence, on account of or in anyway growiparticipating in any part of the program(s) listed below, she has reached his/her majority resulting from his/her I consent to the use of my minor child(ren)'s/my own na program(s), operations, activities, projects, events or to Department and all of its employees and agents, unless to Date	edford Recreation Department Department and any of it's eng out of directly or indirect wherever it occurs, which I rarticipation in the above Towner, picture and/or likeness are organized, operated and/or notify the Town of Bedford Signature	employees, and a ly all known and may now or here wn of Bedford R in any broadcast or sponsored by t l Recreation Dep	RELEASE, ac gents from any l unknown persc after have as the ecreation Depair , photographs, r he Town of Becartment in writi	equit, discha and all kinds onal injuries e minor has tment's pro- notion pictural flord, and the ng that I wit	of action and claims, including but not or property damage occurring while or hereafter may acquire, either before he/gram(s).  res, recordings, or other accounts of any e Town of Bedford Recreation hdraw my consent.		
(Parental if participant is under 18 years of age)							

Additional forms @www.bedfordrecreation.org or photocopy.

Bedford Recreation 12 Mudge Way Bedford, MA 01730 Standard Mail
Postage Paid
Permit 42
Bedford, MA 01730

# RESIDENTIAL POSTAL CUSTOMER BEDFORD, MA 01730







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